Syllabus
for course at second level
Psychotherapy - Theory and Application
Psykoterapi

Course code: PSYY09
Valid from: Autumn 2010
Date of approval: 2008-05-20
Department: Department of Psychology
Subject: Psychology

Decision
Ratified by the Department Board of the Psychology Department, Stockholm University; 20-05-2008. The syllabus is valid from the beginning of the autumn term 2010.

Prerequisites and special admittance requirements
Students must be enrolled on the Psychologist Program.

The course runs over terms 7 to 9. For admission to modules 9.2-9.4 (term 7) the requirements are

1. All compulsory elements of terms 1 to 6 wholly completed.
2. A pass on all courses and modules from terms 1 to 6 (courses 1-7).
3. Completed at least 60% student psychotherapy.

If special reason exists exempt may be given by the governing body of the Department Board.

Course structure

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<th>Higher Education Credits</th>
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<td>09K2</td>
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Course content
The course comprises two alternatives – psychodynamic therapy (PDT) or cognitive behavioural therapy (CBT). The student should choose which alternative to take prior to the start of module 9.2.

9.1. Student psychotherapy, 1.5 credits

The student will go through their own therapy with an authorized psychotherapist, individually or in a group. An aim is to give students increased self knowledge, personal awareness and insight. Such therapy provides experience of a model for therapeutic orientation in work with other people. Therapy will comprise at least 50 hours if taken individually, or at least 120 hours if taken as part of a group.

9.2 Psychotherapeutic study, 18 credits

This module comprises two alternatives: psychodynamic psychotherapy (PDT) or cognitive behavioural therapy (CBT) and extends over terms 7-9 according to the following plan.

Term 7
9.2.7 Preparation for supervised psychotherapy, 9 credits

This module aims to give a basic introduction to theory and methods in psychotherapeutic work, prepare the student for client work, and provide supervision in the psychotherapeutic area chosen. Focus lies on analysis and treatment of the different types of problems encountered in psychotherapeutic settings with a focus on basic therapeutic methods. The course comprises practical exercises with role play aimed at developing different therapeutic skills, pertaining to the application of different diagnostic and therapeutic techniques. Students will be given the opportunity to take part in video material. Exercises will focus on the ability to establish a functional treatment plan and good therapist-client relations.

Term 8
9.2.8 Psychotherapeutic study, 4.5 credits

The module contains a deepening of theory and methods and broadens the clinical perspective with focus on treatment.

Term 9
9.2.9 Psychotherapeutic study, 4.5 credits

This module aims to further understanding of theory and treatment methods. The module emphasises specialised treatment areas and treatment methods.

9.3 Supervised psychotherapy, 13.5 credits

Students are required to choose between two alternative forms of therapy, PDT or CBT. Their chosen area of work is then pursued over three terms 7-9.

This module aims to give a general professional grounding for future psychotherapeutic work, by providing more specific knowledge and skills pertaining to psychotherapeutic techniques, processes and, theoretical-practical integration. Supervision will take place and continue in groups of, at most, 4 students and comprise a total of 120 hours.

•PDT- psychodynamic therapy

The student will conduct psychodynamic therapy with one to three clients. The student is expected to gain experience of how to make a problem analysis, by which to understand the psychodynamic mechanisms underlying the manifest problem, and likewise a diagnostic assessment that shall lay the ground for treatment planning and follow up according to science and well tested experience. The supervised psychotherapy will give experience of applying common psychodynamic therapy methods, such as short time therapy, crisis therapy and more profound forms of psychotherapy. Focus lies on treatment of anxiety, depression, problems with self-esteem and self confidence, relationship problems, life crises, and other common issues in regular clinical activity.

•CBT – cognitive behavioural therapy

The student will conduct cognitive behaviour therapy with two to three clients. The student will make a
cognitive behavioural problem analysis by which to understand the origin and mechanisms of the problems continuation, deduce the treatment method by way of analysis, and plan a treatment on the basis of the evidence in the area. The supervised psychotherapy will give experience of applying normal cognitive and behavioural therapy methods to resolve different problems. Focus lies on the treatment of anxiety, depression, problems with stress or self-esteem, and other normal problems that present in regular clinical activity.

9.4 Psychotherapeutic frameworks

This module runs parallel, for both PDT and CBT-students, with modules 2 and 3 and will take the form of a seminar-series. This seminar series will give a general orientation to active factors in psychotherapy and how to critically evaluate scientific papers in the area. Research in group-, child- and young adult psychotherapy, health psychology, and psychofarmacological drugs in relation to psychotherapy will be discussed.

Learning outcomes

On completing this course a student will

1. Have experience of therapy as a client.
2. Be able to present in-depth theoretical and diagnostic knowledge in their chosen psychotherapeutic area.
3. Demonstrate a professional attitude and basic technical skill in their therapeutic work.
4. Be familiar with ethical considerations and responsibilities in treatment work.
5. Be able to present fundamental knowledge on different psychotherapies and psychotherapy research.

Education

Participation in tutorials and supervision is compulsory. The precise form of tuition and course demands (compulsory exercises and assignments) will be specified in the modul directives.

One common requirement is that all students undergo student therapy (according to course component 9.1).

Forms of examination

Assessment will be by written report and viva voce examination, in the form of paper or group project reported orally or in writing. More precise details concerning grading criteria and examination will be provided in the instructions to the module.

Module 9.3 supervised psychotherapy) will be graded in terms of a 'distinction', 'pass' or 'fail'. The grading scheme on the other modules and on for the course as a whole will use a seven point grading scheme A to F.

The overall grade will comprise a weighted average of grades obtained for the modules 9.2 and 9.4, assuming the student has passed module 9.3 (and module 9.1 is passed). For the highest grade (A or B) overall it is necessary to have passed module 9.3 with distinction.

Assessment of supervised psychotherapy – common principles

Assessment will be made by the course coordinator, preliminarily at the end of term 7 or term 8, and definitely by the end of term 9. The specific requirements for approval are specified in the instructions for the module.

For students that do not pass in the ordinary examination, further examination may be arranged in close proximity to the former examination. Students that do not pass after two attempts, on some of the modules, have the right to request a different tutor be appointed to grade the module. This request can be made to the Department Board. For module 9.3, supervised psychotherapy, special principles pertain (see below).

Routine and principles for failed or terminated client-work

A qualified (course responsible) assessor will assess whether the student passes or fails the course. In the normal case the student will be graded on completion of the course. In special cases the student may be assessed to fail during an ongoing course.

The assessor can then terminate the client-work and fail a student during the course, if the tutor and assessor together make the assessment that the student commits serious mistakes in contact with the client, or perceive a risk in the student's work that could hurt or harm another person.

Continuation for students of interrupted client work.
If the student fails – during the course or at the end of the course – the student has the opportunity to re-take the module. The earliest this can start is at the start of a new term after the term in which the student failed.

The assessor shall together with the director of studies, hereby, formally control, pass and by interview with the student, ensure that the student has the knowledge and skills required to complete the module. To this end, the assessor and supervisor will meet with the student at least twice per term to control and assess the student’s understanding of the work performed by the student.

Additional information
Modules 9.2 and 9.3 must be passed as a whole within the same area (PDT vs CBT).

The course aims to give students the competence to carry out psychotherapy under supervision, and corresponds to the entry requirements necessary for admittance to higher psychotherapeutic education.

This course cannot be taken as an independent course.

Required reading
The literature used on the course will be decided by the Department Board.